Which Upstander are vou?

Yes! I love jumping in right away.

Q1. Do you spring into action when someone needs help?

Not really! I am more comfortable assessing the situation first.

Q2. When I meet a new friend, the first thing I do is:

I ask questions to learn about their background, hobbies, likes and dislikes!

I invite them to join my friend lunch, or go to a party together!

group, sit with me at

Alex the Inez the Includer Accepter

Like Alex, you accept Like Inez, you want everyone to join the people for who they are and believe that group, get along, and be friends. Your day their differences add gets brighter when to your overall understanding and people come together and enjoyment of the everyone is having world. fun.

You help friends feel

isolated.

accepted so that they By including new are less likely to feel people, you are helping to protect them from being alone and singled out by bullies.

Luis the Listener

I lend an ear

to make them feel

give them space to

make a decision!

heard and I prefer to

Like Luis, you are a good listener and ease you friends' troubles by lending an ear. You are the friend that can be counted on to answer your phone or text back.

You believe that being present and allowing a friend to share their troubles is what a good friend does.



to help come up with possible solutions. Two heads are better than one!

Q2. Are you more likely to give hugs or give a

I'm more into supporting

Q3. When a friend comes to you with a

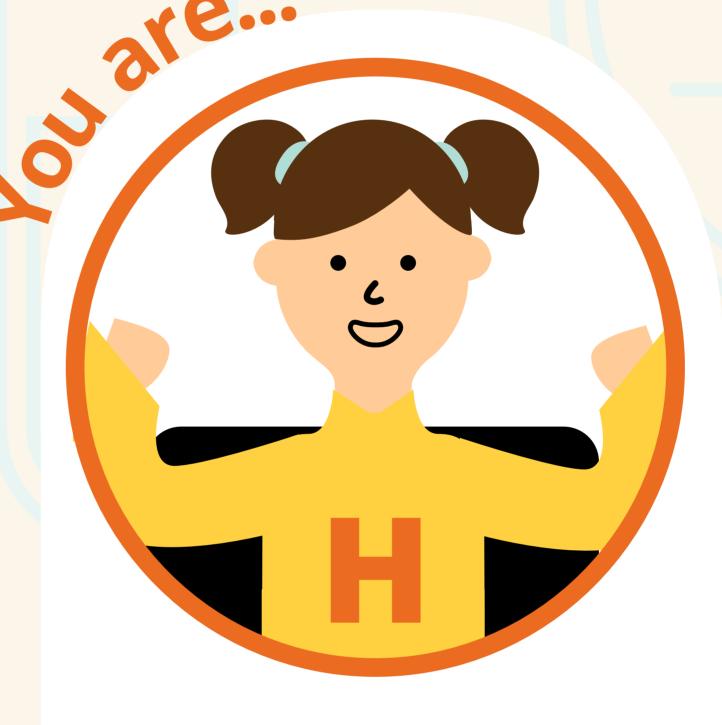
problem, do you offer advice or lend an ear?

a friend with hugs or one-on-one talk.

friend a shoutout to the world?

I'm a rock

for my friends. I'll be a loud and proud supporter no matter what!



Hana the Helper

Like Hana, you enjoy lending a hand because it makes you feel good.

You are optimistic and try to spread positivity and good deeds wherever you go-especially for a friend in need! Spreading kindess is your superpower.



Elijah the Encourager

Like Elijah, you love cheering your friends on!

You like making sure others know they have your support and you're willing to put yourself out there in a vocal way to make sure everyone feels welcome and safe!



